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RUNNING FOR HALF A CENTURY

More than 15,000 participants ran, walked and wheeled in beautiful spring weather in the 50th Calgary Marathon Sunday. Ninety-one charities shared more than $1.15 million in money raised for the event. See photos, page 3.

DARREN KRAUSE/METRO

Turfed teacher accuses education minister of 'power-tripping'

Punishment fit the crime? Fort Mac teacher lost certificate for violent outburst

JEREMY NOLAIS
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Alberta's education minister is assuming "dictator-like powers" by overruling a committee and permanently ending the careers of certain teachers, charges one former educator who found himself on the wrong end of one such decision.

Darcy Steele lost his teaching certificate in March 2013 in the wake of three incidents in 2009 and 2010 that occurred while he worked for Northland School Division and the Fort McMurray Roman Catholic Separate School District.

Documents provided by the Alberta Teachers' Association (ATA) detail him kicking a desk, chair and water bottle at three different students, causing bruises and, in some cases, emotional trauma.

In an exclusive interview with Metro, Steele took full responsibility for his actions, but said the power to discipline educators should remain with a hearing committee established by the ATA.

Tensions have risen in recent weeks after a report released by a government-created teaching task force recommended moving to another model to discipline educators. Adding to the tension, Alberta Education Minister Jeff Johnson publicly criticized union representatives for imposing suspensions, rather than terminations, on educators guilty of sex- and violence-related infractions against students.

But Steele accused Johnson of "power-tripping."

"As a politician, he is of course going to make grandiose statements using buzzwords like 'consultation,' 'engagement' ... but this is all just window dressing," he said. "It makes for a good sound bite and nothing more. My experience in the past has been that the minister will engage a focus group with a certain outcome in mind and then go with whatever recommendations are being put forward."

In Steele's case, the ATA committee advised a two-year suspension. But, in an interview last week, Johnson noted that Steele had pleaded guilty to two assault charges outside of the classroom as well. Dan Powers, the minister's press secretary, said Sunday the now-terminated teacher "should never have been in the classroom in the first place.

"Some may feel that violence towards students is a minor offence. The minister disagrees," Powers said.

But the ATA has said only one teacher on the receiving end of a prolonged suspension has returned to the classroom in the organization's 78-year history.

Jonathan Teghtmeyer, the association's associate co-ordinator of communication, accused the minister of an "inappropriate intrusion that was done for ideological and political reasons," and said it's having a damaging effect on ongoing disciplinary proceedings.

It's Monday. If you were meant to wake up on time, Calgary wouldn't have 16 taxi services.

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More than 15,000 came out for the 50th running of the Calgary Marathon, and more than $1.15 million was raised for 91 different charities. Kip Kangogo from Lethbridge won the marathon with a course record of 2:19:47. The top female runner, Emily Chepkorir of Halifax, also set a course record of 2:46:21.

DARREN KRAUSE AND BRYAN WEISMILLER
calgary@metronews.ca

On your mark ...

1 Uphill battle. No pain, no gain

Runners chug up a hill at 4 Street SE on Sunday. **DARREN KRAUSE/METRO**

2 What's your best guess? I'll take a vowel

Yep, that's right! It was the 50th running of the Calgary Marathon. **DARREN KRAUSE/METRO**

3 Strength in numbers. Stampede Park comes alive

Thousands crammed into Stampede Park Sunday morning for the marathon. **BRYAN WEISMILLER/METRO**

4 Finish line. Job well done

The finish line is always a welcome sight as this half-marathon runner celebrates those final steps. **BRYAN WEISMILLER/METRO**

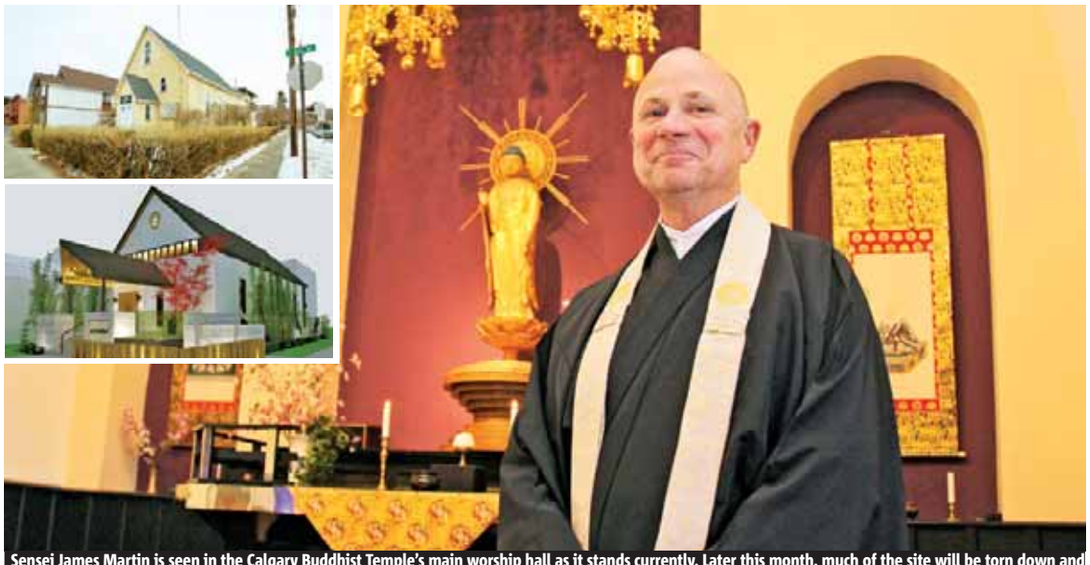
5 4 Street. On a good roll

There were runners, walkers and even wheeled athletes, and this is all arm power up the 4 Street SE hill. **DARREN KRAUSE/METRO**

Calgary Buddhists aim to rebuild century-old centre

Storied site. Building's initial purchase tied to popular eatery chain

JEREMY NOLAIS
jeremy.nolais@metronews.ca



Sensei James Martin is seen in the Calgary Buddhist Temple's main worship hall as it stands currently. Later this month, much of the site will be torn down and rebuilt as part of a nearly $2-million renovation. Inset: Submitted photos show the current exterior of the Calgary Buddhist Temple, top, and what it will look like when a rebuild has been completed, bottom. JEREMY NOLAIS/METRO; INSET: CONTRIBUTED

Its roots are tied to some well-wishing community members and fast-selling bento boxes.

Since then, the Calgary Buddhist Temple has flourished amid a rising interest in the religion and other practical uses for the century-old site nestled in the rapidly evolving northeast Calgary community of Bridgeland.

"In the 1970s, when my family came here, there were only 40 families, so not enough for a place like this," recalled Lester Ikuta, chair of the centre's board of directors.

But it was the vision of his father, the late Susumu Ikuta, that is largely credited with bringing the centre to fruition. Susumu founded the Edo Japan chain of eateries, which remain popular to this day. In 1981, he used the profits of tasty teriyaki chicken and yakisoba noodles to help fund the purchase of the Croatian Catholic Church, located along 6 Street NE.

The Calgary Buddhist Centre was born.

Today even its most ardent supporters concede the site lacks any recognizable external features and could use an update on its design — Sensei James Martin noted with a chuckle during a walkthrough Sunday that many newcomers question why the windows are stylized in the Christian symbol of the cross.

Plans are afoot for a major rebuild of the site, with a cost of nearly $2 million. A sleek exterior design and lighting, as well as more established gathering places for functions, funerals and the like are among the features.

To date, the centre's board has raised $1.3 million through local donations and from other Buddhist hot spots around Canada.

The hope is the new centre will be fully open and functional in time for Calgary to host the World Buddhist Women's Convention, which will draw thousands, next year.

"The big thing for us, making sure that we have a facility that's not just for us, the Japanese and the Buddhists, but the larger community," said Rod Burylo, vice-chair of the centre's board.

More information on the Calgary Buddhist Temple's capital campaign can be found at calgary-buddhist.ab.ca.

Quoted

"It's going to lead new people to come. We're going to see increased interest in Buddhism."

Sensei James Martin, on plans for a rebuilt Calgary Buddhist Temple

Party. Two injured after reports of shots fired

Police were still hoping to question a seriously injured man after shots rang out during an after-hours birthday party over the weekend.

Officers were called to 8 Weapons Fitness and MMA gym around 3:25 a.m. Saturday amid reports that gunfire had erupted nearby.

Two men were injured in the incident, including one who was shot in the chest and suffered critical injuries.

Another man suffered minor injuries after being shot in the arm. He arrived at hospital in a taxi and has since been released.

But police Duty Insp. Michael Watterston said those taken into custody have been less than forthcoming with information.

"What we're facing is a situation where nobody wants to talk to us," he said, counting the discharged victim as being among those keeping to themselves.

Police have learned that a number of uninvited guests turned up at a birthday party being held at the fitness and mixed martial arts studio.

Owner Sheldon Merrick told reporters he'd intended to end the festivities much earlier and a brawl ensued, followed by what sounded like multiple fireworks.

Watterston said investigators were likely to release more information on Monday.

JEREMY NOLAIS/METRO

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Moving space shuttle replica a gigantic feat

Red-eye travellers may have noticed a NASA-sized exercise inside Calgary International Airport last month.

Crews worked over three nights to move the Orbiter space-shuttle replica, which has hung over the SpacePort learning centre at the busy passenger hub since 2000.

The massive shuttle was originally used by NASA for wind-tunnel and vibration testing and the world's leading space agency requested the Orbiter now be transferred to a science centre at Columbus State University as its loan agreement with YYC came to an end.

But, with sections of the shuttle spanning 20 feet and the entire aircraft tipping the scales in excess of 5,000 pounds, moving the Orbiter was no small task, according to project manager Jill McNichol.

Discussions about the move began in March and a crew of up to 20 people were involved in the phased transfer over three nights in early May.

"It was all done on a pulley system.… We were in contact with NASA the whole time as we removed the shuttle from the building," McNichol said.

A video posted to the airport's Facebook page last week shows the systematic move of the replica.

JEREMY NOLAIS/METRO

The Orbiter space shuttle replica is moved out of Calgary International Airport last month.
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Strong words. Desmond Tutu blasts Alta. oilsands as greed-fuelled 'filth'

Archbishop Desmond Tutu has called Alberta's oilsands "filth" created by greed, and has urged all sides to work together to protect the environment and aboriginal rights.

"The fact that this filth is being created now, when the link between carbon emissions and global warming is so obvious, reflects negligence and greed," Tutu told more a conference on oilsands development and treaty rights in Fort McMurray.

The archbishop has previously taken strong stands on climate change and against projects such as the Keystone XL pipeline.

Industry supporters have pointed out that the oilsands' contribution to the amount of heat-trapping carbon dioxide produced globally is minuscule, but Tutu argued that humanity must act together to end a threat that is already affecting people around the globe. THE CANADIAN PRESS

Warnings heeded

Fire dept. says city stayed away from rivers over weekend

Calgary's fire department says residents looking to beat the weekend heat generally heeded warnings to steer clear of city waterways.

Battalion Chief Al Magwood said there were no reports of incidents on the Bow and Elbow rivers and said his team was out Sunday keeping watch over the water, which is moving at high rate and still contains dangerous debris from last June's flood.

"If it was 30 degrees we'd probably be running into a different issue, but, right now, we're not having a problem at all," Magwood said. METRO

City should punish buyers, not sellers, of sex, group says

'Nordic model.' Law-enforcement approach now used in Sweden, Norway being pushed as ideal way to combat prostitution in Calgary

JEREMY NOLAIS
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Adopting a system that criminalizes buyers of sex but not those selling it — an approach known as the "Nordic model" — is the best way to combat prostitution in Calgary, says the head of a local support group.

Marina Giacomin, executive director of Servants Anonymous Society, said removing the fear of charges among sex-trade workers will lead to them more readily sharing information about the perils of their job.

The state of prostitution has been thrown into a bit of flux following a Supreme Court decision in December that deemed current laws concerning the sex-trade unconstitutional. The federal government was given a year to amend its laws and has hinted at moving towards a made-in-Canada version of the Nordic model.

Giacomin commended the city for drafting an initial report on the state of prostitution in Calgary, which will be presented to a councillor committee Wednesday.

"We don't want to be scrambling after the federal ruling comes down.… We need to be looking at the state of our social services and determining how robust they are," she said.

The report indicates that prostitution in Calgary has primarily gone "indoors" — that is, sexual arrangements are now being made over the phone or online and occurring in private residences or hotels.

In March, members of the Calgary Police Service and city bylaw department ventured to Sweden and Norway to see the model in action, but their report indicates "diverse practices" were seen from one city to the next.

Giacomin said the approach used in Calgary would need a measure of consistency to be successful.

"A Nordic model doesn't work if there aren't the services to exit," she added.

Marina Giacomin, executive director of Servants Anonymous Society, which helps women attempting to leave prostitution, is advocating for a law-enforcement approach that penalizes buyers of sex, not sellers. METRO FILE

By the numbers

3,000

The report estimates there are 1,000 to 3,000 prostitutes working in Calgary at any given time.

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‘Miracle Baby’ happy and healthy three months later

Stillborn. Though baby didn’t breathe for nearly 30 minutes, mother says Mireya’s development appears normal so far

RUTH DAVENPORT
Metro in Halifax

Mireya, left, gets a kiss from her sister Trayah, 2, on Sunday.
JEFF HARPER/METRO IN HALIFAX

Three months after her tumultuous birth, death and rebirth, the little girl known as “The Miracle Baby” appears to be a healthy, bouncing three-month-old.

“Everybody asks, is there any health issues?” said mother Robin Cyr, dandling Mireya on her knee outside her Barrington Street home Sunday afternoon. “But knock on wood, she’s doing everything on time. She holds her head up, she turns to your voice, she smiles.”

Mireya was apparently stillborn after a long and difficult delivery in March — but after 28 minutes without breathing, and after being declared dead, the baby spontaneously began breathing again.

Cyr said doctors at the hospital have never been able to explain the stunning turn, but she and her family have all the explanation they need.

“It’s a miracle, and God is doing his work,” said Pearleen Shephard, Cyr’s aunt, who was in the delivery room offering “deep and strong” prayers for the baby’s well-being.

The baby has progressed well and normally since coming home, adored by her older brother and sister, and doted on by friends and relatives.

“She gets a lot of attention,” said Shephard. “A baby does demand a lot of attention; she’s just getting some extra special attention.”

Mireya’s story attracted attention from far outside of Halifax, making headlines across New York and in Europe. Local churches have reached out to Cyr, asking her to join or come speak to the congregation.

Relief begets anger

There was no explanation from IWK Health Centre in Halifax, where the baby was born.

- Robin Cyr said she’s angry that her request for a caesarean delivery — knowing the baby was unusually large, and would present complications — wasn’t accommodated.
- Cyr’s relatives said the delivery was torturous, and to this day say the video of the birth is “too traumatizing” for Cyr to see.

London. Shock fading as city copes with boy’s alleged confinement

The southeast London neighbourhood where police were shocked to find a 10-year-old boy locked in an upstairs bedroom for as long as two years has returned to some sort of normalcy.

Those living near the house at 2421 Asima Dr. were horrified after news broke Friday about the boy.

London police reported they had gone to the house Thursday with Children’s Aid Society staff to check on the welfare of the boy after receiving a tip from the public about a child being left alone late at night.

Finding the home unoccupied, they gained entry and found the boy locked inside a filthy bedroom. London police Insp. Kevin Heslop said fast food, feces and urine were everywhere in the room, including on the bed.

The boy’s aunt and uncle, who haven’t been publicly identified to protect the child, have been arrested and charged with failing to provide the necessaries of life and forcible confinement.

SCOTT TAYLOR/METRO IN LONDON

Winnipeg

Frozen pipes for many despite heat

The air conditioners are whirring in Winnipeg with temperatures recently soaring above 30 C, but below the ground it’s a different story.

Hundreds of residents still have frozen water pipes.

Other cities in Canada and the U.S. grappled with frozen water pipes during an exceptionally cold winter, but Winnipeg’s problem has dragged on the longest.

The city says there are still around 400 properties that have frozen pipes and many of them are relying on neighbours for water.

THE CANADIAN PRESS

Dog disease gets the goose

Golden goose eggs.
Medical company for geese stumbles across canine cure

This puppy spent time in the "parvo ward" of Kansas City Pet Project, where ParvoONE is being tested. THE ASSOCIATED PRESS

A North Dakota company that discovered an antibody technology while trying to cure flocks of dying geese is using its research for a more warm and fuzzy purpose: saving puppies.

Early tests performed on about 50 puppies in seven U.S. states for Grand Forks-based Avianax have resulted in a 90 per cent cure rate for canine parvovirus, which spreads through animal waste and direct contact between dogs, usually at kennels, shelters and shows. Some puppies die from the virus and others are euthanized because the antibiotics and other medicine needed to treat it can be too expensive — sometimes up to $2,000 — and take too long.

At the Kansas City Pet Project, one of eight test sites and among the largest shelters in the United States, about five cases a month wind up on the "parvo ward." Officials with the Missouri shelter believe the treatment will lead to a dramatic increase in their "parvo graduates."

"A lot of open-admission shelters choose to not treat parvo because it's considered too much of a resource," shelter spokeswoman Tori Fugate said.

Avianax chief operating officer Richard Glynn hopes to start selling the parvoONE antibody-based treatment — that is, harvested from goose eggs — for $75 a dose by next spring. THE ASSOCIATED PRESS

No patent. Old drug works on prostate cancer

A cheap, decades-old chemotherapy drug extended life by more than a year when added to standard hormone therapy for men whose prostate cancer had widely spread, doctors reported Sunday.

Men who received docetaxel, sold as Taxotere and in generic form, lived nearly 58 months versus 44 months for those not given the drug, a major study found.

"This is one of the biggest improvements we've seen in survival in adults" with any type of cancer that has widely spread from its original site, said Dr. Christopher Sweeney of Dana-Farber Cancer Institute in Boston.

Prostate cancer is the most common cancer in men. In the United States, about 240,000 new cases are diagnosed each year.

The National Cancer Institute paid for the study, which took nearly a decade to do. The result shows the importance of federal funding for research that otherwise might not get done, said Dr. Clifford Hudis, who works at Memorial Sloan Kettering Cancer Center in New York and is also the president of the oncology society.

"These are often studies that industry is less interested in funding, such as a new use for an old drug" that lost patent protection long ago, he said.

Generic docetaxel costs about $1,500 or less per infusion. THE ASSOCIATED PRESS

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Indian police say three confess to rape, murder

Country outraged. Two teenaged girls were assaulted and left hanging from a mango tree last week

Three men have confessed to the gang rape and slaying of two teenage girls who were found hanging from a tree in northern India, police said Sunday, in a case that has recast a light on rampant sexual violence in the country.

Authorities continued to search for two additional suspects in last week's attack on the 14- and 15-year-old cousins in Uttar Pradesh state, police officer Atul Saxena said.

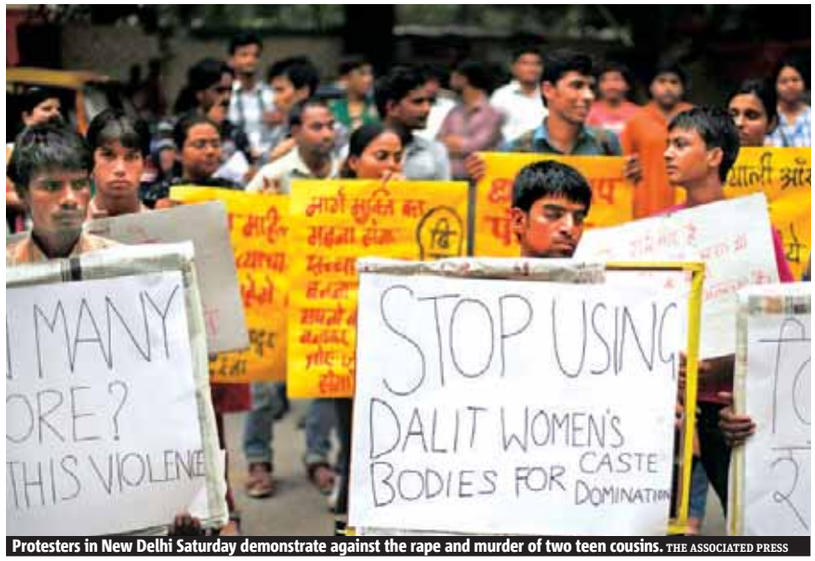
The girls, from an impoverished family with no toilets in their home in the tiny village of Katra, about 300 kilometres from Lucknow, the state capital, disappeared Tuesday night after going into fields to relieve themselves.

After the girls were found hanging from a mango tree on Wednesday, hundreds of angry villagers stayed next to the tree, demanding that police find the attackers before allowing them to remove the bodies.

Indian television stations showed footage of the villagers sitting under the girls' bodies as they swung in the wind.

Police arrested two suspects on Wednesday and another on Saturday. When questioned by police, the men admitted they had attacked the girls, police said.

THE ASSOCIATED PRESS



Protesters in New Delhi Saturday demonstrate against the rape and murder of two teen cousins. THE ASSOCIATED PRESS

Lewis Katz. Media and sports mogul dead

Philadelphia Inquirer co-owner Lewis Katz was killed along with six other people in a fiery plane crash in Massachusetts, just days after reaching a deal that many hoped would end months of infighting at the newspaper and restore it to its former glory.

His son Drew confirmed Katz's death in a crash of a Gulfstream IV private jet, which went down on takeoff from Hanscom Field outside Boston on its way to Atlantic City, N.J., on Saturday night. There were no survivors.

On Tuesday, Katz and Harold H.F. Gerry Lenfest struck a deal to gain full control of the Inquirer as well as the Philadelphia Daily News and Philly.com by buying out their co-owners for $88 million — an agreement that ended a very public feud over the Inquirer's direction.

THE ASSOCIATED PRESS

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Washington's Mount Rainier. Recovery of bodies of six climbers uncertain

Mount Rainier National Park officials said that due to dangerous conditions there are no immediate plans to recover the bodies of six climbers who likely fell thousands of feet to their deaths in the worst alpine accident on the Washington state mountain in decades.

Continuous ice and rock falls make the area too dangerous for rescuers, park spokeswoman Patti Wold said Sunday morning. The area will be checked periodically by air in the coming weeks and months, she said.

Wold added that "there's no certainty that recovery is possible given the location.''

Park officials believe the group fell 1,000 metres from their last known whereabouts of 3,900 metres on Liberty Ridge.

"It's inconceivable that anyone survived that" fall, Wold said. Officials have not released the names of those who died.

A helicopter crew on Saturday spotted camping and climbing gear in the avalanche-prone area. Air and ground searches were suspended late Saturday afternoon.

The group was on a five-day climb of the Liberty Ridge route, one of the more technical and advanced routes, and were scheduled to reach the summit of Mount Rainier on Thursday, with a day to climb down.

The missing group includes four clients of Seattle-based Alpine Ascents International and two guides.

When they did not return on Friday, the climbing company notified park officials.

THE ASSOCIATED PRESS

Cameroon

Nun and two priests freed after abduction

A Canadian nun and two Italian priests have been freed two months after they were abducted by armed groups in northern Cameroon, authorities said Sunday.

Gilberte Bussiere, a 74-year-old originally from Asbestos, Que., was kidnapped on April 5 along with Gianantonio Allegri and Giampaolo Marta.

All three had been working as missionaries. Bussiere's cousin, Michel Belanger, who still lives in Asbestos, said the family felt relief after weeks of worry.

"We were almost expecting the worst,'' he said.

"But now, everything has changed, everything is fine. So we're very happy."

A member of Montreal's Congregation de Notre-Dame, Bussiere arrived in Cameroon in 1979 and lived there ever since, working as an educator.

She returned to Canada briefly last year for health reasons, but soon went back "to the country and the people she loved," according to the congregation.

Bussiere required medication and the family was concerned she would suffer without access to medical care, Belanger said. Bussiere's congregation said she was reportedly in good health when she was freed.

THE CANADIAN PRESS

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These offers expire June 7th, 2014 but are subject to change or withdrawal at any time. The mortgage must be funded within 90 days of the application date. Other conditions may apply.

† Assuming a mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, switching to bi-weekly payments will decrease your amortization to less than 23 years and save you approximately $14,130 in interest. Alternatively, assuming the same mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, if you keep your monthly payment frequency but apply annual lump sum prepayments of $500 and increase your regular payments by just $20 every year, after your first year, you will decrease your amortization to less than 21 years and save approximately $18,923 in interest.

More online at metronews.ca

- **Is your speech more American or British?** A defining facet of Canadian English is the tension between American and British dialects. Take a quiz to find out whether you sound more like a Brit or a Yankee.
- **Listen up, hosers!** Listen to Dr. Charles Boberg as he wraps his tongue around Canadian English and describes some regional differences in pronunciation.
- **Canadian English from coast to coast.** Help Metro chart regional differences in Canadian English by taking a short survey. The results will be featured in an upcoming story.

Canadian English: From eh to zed

Bunnyhug, chesterfield and toque. Little is more tied to Canadian identity than the words we use

LUKE SIMCOE
Metro Online

The term "Canadian English" was simultaneously coined and denounced by Rev. A. Constable Geikie in 1857. Geikie, a Scot, stood before an audience of scientists, architects and engineers at the Royal Canadian Institute and declared our nascent tongue "a corrupt dialect."

Geikie may have dismissed Canadian English, but Charles Boberg, a linguistics professor at McGill University, has made a career of studying it. While many of his colleagues treat language like a science — analyzing its very structure and debating the definition of phonemes and allophones — Boberg's research explores the nexus of language and culture.

"Linguists have a tendency to concentrate on the internal linguistic aspects of language, but it's easy to forget that languages are very much shaped by non-linguistic things," he says. "Take Canadian English, for example. The very existence of Canadian English is due in major part to three of the most important events in the history of the world."

The story of Geikie's corrupt dialect begins with the British victory over France in the Seven Years' War in 1763, ensuring English, not French, would be the dominant tongue of North America. Then, some two decades later, the American Revolution drove 40,000 British loyalists north into Canada.

"It was a huge influx of English speakers into an area that was still mostly francophone," Boberg said. "It meant the beginning of a significant English-speaking population in Canada and led directly to the creation of Ontario and New Brunswick."

The final event that established Canadian English as a separate dialect was the Industrial Revolution. Early automation, particularly in agriculture, created a vast surplus population in Britain and sparked another wave of English emigration to the New World.

Since then, Boberg believes the "Canadian-isms" in our language — from "eh" to "zed" — have become part of our national character, something that sets us apart from both our colonial past and the cultural behemoth south of the border.

The Canadian shift

"As we try to carve out a Canadian space in that cultural landscape, we are faced with this issue of identity," said Boberg. "And while other markers get washed away in a sea of global popular culture, language is one of the things that still remains as a solid signal of identity. Canadians can identify each other and be identified as Canadians by others by how they speak."

Languages seldom stop evolving, and Canadian English has continued to morph and change into the 21st century. The term "Canadian shift" was coined in 1995 to describe a subtle change in how we pronounce some vowels: "milk" starts to sound like "melk," "pit" like "pet," "pat" like "pot."

Similar to the shift is "Canadian raising," the phenomenon that gives rise to our stereotypical pronunciation of "oot" and "aboot." But, unlike the U.S., where marked differences in regional speech persist, the trajectory of Canadian English has been one of homogenization. With a few exceptions — Newfoundland and Quebec, mostly — Canadians pretty much sound the same.

"We've seen the consolidation of Canadian English as a national language spoken coast to coast," Boberg said. "There's 3,000 miles between Vancouver and Ottawa, yet if you put someone from Vancouver and someone from Ottawa in the same room, they'd have difficulty telling where the other was from."

Instead, the central tension in Canadian English is a linguistic tug of war between the British and American tongues. At the risk of oversimplification, we spell like Brits but speak like Yanks.

According to Boberg, the standardization of Canadian English — and its increasing commonality with its American cousin — reflects a much broader trend. Factors like increased mobility, greater access to education and the technological reach of the Internet are eroding distinctions between dialects the world over.

"They've basically put an end to the kind of isolation that fostered unique local dialects," he said. "Changes are still going on all the time, but those changes now have the ability to diffuse almost immediately into the entire English-speaking community in a matter of months."

That could have a profound effect on Canadian English, particularly when coupled with demographic changes and increased immigration. As a result, Boberg believes future Canadian English speakers could sound even more like Americans.

"With the turn away from the British heritage that was so dominant ... we have an open door for American interventions to come in," he said. "And new arrivals have the capacity to change the linguistic landscape as well, as they likely have little or no attachment to British English."

That's bad news for Geikie. "If Geikie was alive today, he'd be even more outraged."

Stereotypes

Do we really say 'eh'?

Dr. Charles Boberg says many of the stereotypes about Canadian English are "outdated" at best, and "exaggerated" at worst. In the case of the infamous "eh," recent studies show few Canadians employ the phrase except for some older Ontarians. In fact, younger Canadians, particularly those in urban areas, are more likely to end their sentences with "right."

As for the oft-satirized Canadian pronunciation of about as "a-boot," Boberg says the actual sound is closer to "a-boat." A few actual Canadian-isms:

- Washroom: Used almost exclusively in Canada, this is the general term for "toilet" in Britain, and a "restroom" in the United States.
- Chesterfield: Although its usage is on the decline, this is an elaborate Canadian word for couch.
- Pencil crayon: Elsewhere in the world, these are called coloured pencils.
- Bunnyhug: Used mainly in Saskatchewan to refer to a hooded sweater.
- Drop the gloves: As most Canadians can tell you, this slang term for starting a fight is derived from hockey.

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Universe-ity. Montreal to host International Space U.

These summer classes are unlike any other: They're out of this world.

For nine weeks the International Space University will be offering a wide array of sessions in Montreal, including a robotics competition and an all-female astronauts' panel.

At least 15 Canadians have signed up for the sessions, which run from June 9 to Aug. 8.

The university's alumni boast impressive credentials and include astronauts, academic researchers as well as key players in major international space companies.

"The idea behind it was to effectively broaden people's knowledge of the global space community," David Kendall, director of this summer's program, said in an interview.

"Everybody comes in with a certain background and leaves, hopefully, with the understanding of the full spectrum of activities that are happening in space — everything from space art to rocket science and everything in between."

The institution was started in the aftermath of the Cold War and it was criticized and ridiculed for thinking it would be able to attract students from what was then the Soviet Union.

"It's a very interesting neutral ground where the world's community comes together and I think it does a lot of good from that perspective," said Christian Sallaberger, chairman of the university board of trustees. THE CANADIAN PRESS

Sky school

The International Space University was founded by MIT in 1987. It involves:

- **80 space experts.** 115 student-participants from about 30 countries including 26 from China
- **$20,000 tuition.** Scholarships available
- **More than 3,700 graduates so far.** At least 350 Canadians

NASA tests craft for people to land on Mars

NASA's saucer-shaped experimental flight vehicle being prepared for a Range Compatibility Test at the at the U.S navy's Pacific Missile Range Facility on the island of Kauai in Hawaii. NASA/THE ASSOCIATED PRESS

Falling saucer. Mars's thin atmosphere will require larger parachute, prototype test flight to take place Tuesday

The skies off the Hawaiian island of Kauai will be a stand-in for Mars as NASA prepares to launch a saucer-shaped vehicle in an experimental flight designed to land heavy loads on the red planet.

For decades, robotic landers and rovers have hitched a ride to Earth's planetary neighbour using the same parachute design. But NASA needs a bigger and stronger parachute if it wants to send astronauts there.

Weather permitting, the space agency will conduct a test flight Tuesday high in Earth's atmosphere that's supposed to simulate the thin Martian air.

Cameras rigged aboard the vehicle will capture the action as it accelerates to four times the speed of sound and falls back to Earth. Viewers with an Internet connection can follow along live.

Landing has always been "one of the big technology challenges for a human Mars mission," American University space policy professor Howard McCurdy said in an email.

NASA plans more test flights next year before deciding whether to use the new parachute on a future Mars mission. THE ASSOCIATED PRESS

Watch the skies

"As long as I get data, I'll be very happy."

Mark Adler, project manager, NASA Jet Propulsion Laboratories
On the high-altitude, high-speed, high-risk test-flight of NASA's prototype Mars atmospheric entry vehicle.

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Just the (fund and MER) facts

HOW TO ROLL
Alison Griffiths
metronews.ca

Not long ago, mutual fund investors were treated in the same way as patients in the medical system of old. "We'll tell you what we think you need to know when we think you need to know it."

Cost, performance and risk — three essential ingredients of investing — could be ignored completely when advisers sold mutual funds to clients. Fund Facts, an initiative of the Canadian Securities Regulators (CSA), is a fairly easy-to-read document that mutual fund providers must post on their website.

Fund Facts offers basic information such as the fund's Top 10 investments, the risk rating as judged by the fund provider, annual performance as well as average annual returns and the cost of the fund.

The cost or fund expenses (called the Management Expense Ratio or MER), are detailed as an annual charge — 2.12 per cent, for example. They are also expressed in dollar terms. For example, the expenses of Canadian Equity Fund XYZ will cost you $21.20 for every $1,000 invested.

However, some firms don't make it clear that the expenses are levied annually for as long as you own the fund. After looking through Fund Facts documents of various mutual funds, I noticed that an investor could easily assume that the expense is a one-time charge.

Also, missing from the document are comparative figures. An annual return of seven per cent tells you absolutely nothing without the average return for similar funds or the category. If the category average is 10 per cent then your fund is an underperformer.

Still, Fund Facts has been a step in the right direction. The next step will be an even better one. The CSA is proposing that the document be given to investors at point of sale. That means an adviser will have to produce it before you buy units of a fund.

Until the new regulation is in force, ask for the Fund Facts document before you invest. Also, insist on the category average expenses (or the MER of similar funds) and also the category average returns.

If your adviser balks, find another one.

'Red card for FIFA!'

Demonstrating outside the National Stadium in Brasilia, protesters hold up a poster that reads in Portuguese "Red card for FIFA!" on Friday as they protest the money spent on the World Cup. Brazilians are angry at the billions spent to host the international soccer tournament, much of it on 12 ornate football stadiums, one-third of which will see little use after the big event, critics say. ERALDO PERES/THE ASSOCIATED PRESS

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HEY CALGARY, GIMME SHELTER

High Plains Drifter
James Callsen
calgary@metronews.ca

It's really hard to find a place to live in Calgary. In a city that's rolling in at what feels like around a zero per cent vacancy rate — but is still attracting new people every single day — the lack of housing is moving from a big concern to a near epidemic-like problem.

Sure, new home and condo construction is on the rise, but not everyone is able to walk into a $200,000 (or more) mortgage just to put a roof over their heads. Rental units are the go-to for young people and new arrivals in Calgary and they're about as easy to find in town as a palm tree.

What we might not realize is that the rental market is vital to more than just those needing a place to live. It affects the cost of living and, in turn, causes a ripple effect through the economy, making Calgary less attractive to new transplants and therefore limits our business and cultural growth.

So what's the solution? Well the obvious answer is more rental units, but a relatively fast, simple and easy fix is sitting right under our nose: Secondary suites.

Secondary suites have been a bone of contention on city council for years, with Mayor Nenshi acting as a flag-waving champion of basement and backyard units even before he won his first election. Unfortunately, even after a term-and-a-bit as mayor, we seem to be no further ahead on legalizing or growing the secondary suite market.

A new proposal before city council could see the councillors who support secondary suites getting them legalized in their wards while those who oppose don't. Not only that, but in other wards it could include legalization within 600 metres of a transit hub. It's a start, but even if the motion goes forward, it's still really just a drop in the bucket.

The elusive go-tos

Rental units are the go-to for young people and new arrivals in Calgary and they're about as easy to find in town as a palm tree.

Who's holding secondary suites back from legitimacy? Why is this such a contentious issue despite the fact that it's at least a short-term solution to our rental woes? I'd like to think there's not a conspiracy of condo builders pulling strings behind the scenes to keep renters our of Calgary's basements and backyards. Instead it likely lies in pressure applied on council from homeowners not wanting to see renters (the horror!) in their neighbourhood.

The time has come for Calgarians in every neighbourhood to realize that our city is growing and will grow into the future. Burying our heads in the sand on rental shortages isn't going to help us in the long run.

ZOOM

What a skull-ful work!

Illusion body art

Skull art created with body paint

The artwork by North Carolina-based artist Cheryl Lipstreu is composed of seven nude women who have each been covered in sparkling white body paint and brightly coloured shapes and patterns. MWN

Artist's viewpoint

"I really enjoyed it because it was like a modern take on a famous inspirational work by Salvador Dali. I love the Day of the Dead and find it really fascinating."

Cheryl Lipstreu, body artist based in Winston-Salem, N.C.

By the numbers

4

hours is how long it took Lipstreu to paint the models.

This may look like an ornate Mexican sugar skull, but a closer inspection reveals it is actually made up of cleverly painted people.

RENE RODRIGUEZ/BOURNEMOUTH N/REX

Meaning behind the work

Deathly message

For artwork photographer Rene Rodriguez, a health scare in 2004 made him cherish this Mexican tradition.

"The iconography of the sugar skull and the meaning behind the Day of the Dead really touched me," he said. "Having thought about my own mortality and death, it spoke to me on a primal level and I became addicted to looking at these visuals." MWN

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In this issue, you can find AR enhancements on page 18 in Scene and page 26 in Sports

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Worth mentioning. Woolly World Cup warriors not so baaad

To celebrate Colombia's return to the World Cup after a 16-year absence, artisans in the high Andean town of Nobsa put on what they billed as the first soccer match played by sheep Sunday.

On one side, dressed in specially made yellow jerseys and red shorts for Colombia's national colours, were 10 four-legged players each named in honour of one of the country's top soccer talents. Their rivals represented powerhouse Brazil, which hosts the month-long tournament beginning June 12.

Some 500 beer-soused spectators cheered on the farmyard footballers, who were trained for two weeks to recognize and kick a foam soccer ball through a rustic goalpost made of wooden logs.

The hard work was little in evidence, though. Sheep are highly social animals, seeking safety from predators in large herds, and their shepherd handlers had to keep pulling on ropes tied to the animals' necks to keep the bleating players scattered and moving so they wouldn't end up munching lazily on what grass remained on the improvised pitch.

The final result was a 4-3 victory for Colombia, thanks to a goal in the final 50th minute by the mutton midfielder "James Rodriguez," whose two-footed namesake plays for French club Monaco. THE ASSOCIATED PRESS

'A global symbol'

The publicity stunt was part of International Ruana Day, which every year honours local artisans who for centuries have been hand-spinning the poncho-like woolen wraps that are ideally suited to the region's wet, mountainous climate more than 8,000 feet above sea level.

- "The ruana is a global symbol, so it's only natural that the sheep deserve to be honoured," said Ramiro Barragan, Nobsa's mayor.

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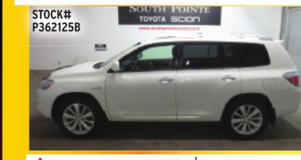

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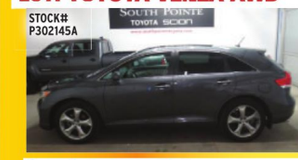

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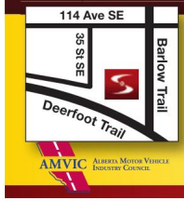

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See that symbol? It means you can scan the photo below with your Metro News app. Song of the summer? We have the Want U Back music video

Cher Lloyd wants to apologize for being late

Comeback kid. After a feud with Simon Cowell and an almost-hit in 2012, Brit singer is set to release sophomore effort

PAT HEALY
Metro World News in Boston

Cher Lloyd's new album is aptly titled Sorry I'm Late. GETTY IMAGES

Two years ago, Cher Lloyd released a single that was a definite contender for Song of the Summer called Want U Back. Don't remember it? That's OK.

It was 2012, the summer of Call Me Maybe, Somebody That I Used to Know and Starships.

Lloyd, who first came to prominence in her homeland in 2010 after making it to the top four in the British version of The X Factor, has had an eventful few years.

After releasing her debut, Sticks & Stones on Simon Cowell's label, she had a falling out with the entertainment mogul, with whom she disagreed about her musical direction. It has been so long since the world has heard a full-length album from her, Lloyd decided to title her brand-new release, Sorry I'm Late.

"In one sense, I'm glad that we have waited, because I feel so good about everything right now," says the singer in her chipper British accent. (She will turn 21 next month, by the way.)

"The main thing for me is that I have grown as a person," she continues.

"Before, it was all similar sounds, and very pop and very young as well, and now I feel like I'm at the point where I'm able to express myself in a completely different way."

The recent video for her Sirens single is definitely a different way of expressing herself.

It features a tearful Lloyd singing in the kitchen as the DEA barges in and arrests the bad boys who are involved in some nondescript illegal narcotic activity in her dining room.

"It's not necessarily bubblegum pop," says the singer about the new material. When talking further about the different sound, Lloyd says she credits the change to her increased involvement in making Sorry I'm Late.

"Every song on this album was picked by me, not by guys in suits," she says.

When we ask Lloyd if her song, "M.F.P.O.T.Y." (it stands for Mother F—ing Party Of The Year) is a contender for this year's Song of the Summer, she is humble.

"I'm not sure," she says. "I'm the type of artist that lets something go and do its own thing because I know my fans are really passionate. And it will possibly be their song for the summer."

Lyrical analysis

- **A butt and a rack.** Lloyd's single I Wish, which came out last fall, features T.I. and functioned as a bridge of sorts to prepare fans for her new material. There's a line in the song that we couldn't help but ask her about: "I wish I woke up with a butt and a rack." "Doesn't every young girl wish for that? ... Of course they do," she says. "That song for me was basically me revealing myself and saying I do wish for the things that I can't have, and I think that's relatable."

Ebooks

Beowulf: A translation and commentary

By. J. R. R. Tolkien

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

It's the oldest surviving story in the English language — an epic poem of trolls, dragons, and heroes. Published for the first time, Tolkien's scholarly translation makes it easier to understand while his illustrations and variations make it more enjoyable, too. It's a demanding read-though, meant more for literary students than casual fantasy fans, and enhanced for study with ebook hyperlink references.

Box office

Maleficent casts spell on audiences

Disney's Maleficent debuted with $70 million at the box office. Featuring Angelina Jolie's first live-action starring performance in years, Maleficent beat forecasts to easily top all films over the weekend.

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Q O E I D A H A U W A F S M O R T G A G E

Answer on page 7.

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Lindsay Lohan

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

London calling to Lindsay Lohan

She's London's problem now. Perennially troubled starlet Lindsay Lohan is apparently looking to make her recent trip to the U.K. more of a permanent one by snagging a place to live and ditching her current home in New York City, according to the Sun. "Lindsay's really enjoying being in the U.K. and has told her pals that she's staying here for good," a source says, adding that Lohan has also apparently been boasting to friends that a move across the pond could get her career back on track. "Lindsay has also started investigating getting acting work in London."

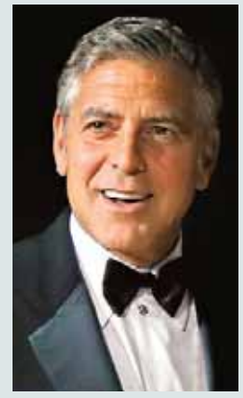
Are Beliebers losing faith in Justin?

Sure, a lot of people dislike Justin Bieber, but exactly how much? Well, the Canadian pop star has been ranked the fifth most hated man in the U.S., according to a new survey released by E-Score. But with a little work — and a few more run-ins with the law — Bieber could certainly take the top spot. Standing in his way are disgraced L.A. Clippers owner Donald Sterling at No. 1, Bernie Madoff at No. 2 and Conrad Murray and OJ Simpson tied for third.

The Word

A castle fit for the wedding of King George?

STARGAZING
Malene Arpe
scene@metronews.ca



George Clooney and fiancée Amal Alamuddin visit Highclere Castle, the location for Downton Abbey, starting rumours they may get married there. Meanwhile Kim and Kanye stay at Ireland's Castle Oliver during their honeymoon. Not to be outdone, Mila Kunis and Ashton Kunis immediately request private tours of White Castle, Wolfenstein Castle and the set of Castle.

Madonna fails to report for jury duty in New York. She already judges people every single moment of every day, so maybe you could just leave her alone.

Johnny Depp's fiancée, Amber Heard, says friends often warn her lovers about her "trailer park" attitude. It's all right. Johnny Depp's friends often warn his lovers about the "moth-eaten hat, the dirty fingernails and the estimated net worth of $350 million."

Diane Keaton says she wants to kiss Robert Redford, David Beckham, Clint Eastwood, Adam Levine, Will Ferrell, Bradley Cooper, Ryan Gosling and Louis C.K. That's a really weird, kinda eww-y list. Who in the world would want to kiss Adam Levine?

Frozen is now the fifth-highest-grossing movie of all time. But that's not all. It's now the fourth-highest performer when it comes to driving parents crazy, preceded only by Walmart tantrums, answering a question with another question and Emma Thompson saying, "You can't be a great mum and keep working all the time."

Michelle Williams. ALL PHOTOS: GETTY IMAGES

Hiding Matilda takes a few cues from fellow celeb kid Suri Cruise

Michelle Williams is gearing up to leave Brooklyn and move back to Los Angeles to make securing film roles easier, and apparently her eight-year-old daughter, Matilda, is looking forward to finding new ways to dodge the paparazzi, according to Radar Online. "Matilda is joking that she's going to impersonate Suri Cruise," a source says. "They have a set of disguises they use specifically in Los Angeles that makes them completely unrecognizable to photographers and allows them to have long mother-daughter days in complete privacy. Matilda is absolutely loving the game, but one day she made her mother break down in tears of laughter when she emerged from her room in a Suri Cruise look-alike wig and outfit."

LIFE 3

Stop picking your own pocket

Who's plundering your plenty? The top nine suspects live very close to home

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Ever look at your bank account balance, or in your wallet, and think to yourself, "Damn, where'd the money go? I was robbed!" Want to know who the primary culprits are? Here's a list of the usual suspects:

1. Gym memberships: Remember that New Year's Resolution you made six months ago to get fit? You bought the outfit. You bought the shoes. You bought the gym membership. Six months later, they're still taking that money out of your bank account every month, but you haven't seen the inside of the gym in weeks. Hey, you don't have to spend that money to get healthy. Find a way to work out for free and get your bank balance healthy, too.

2. Cable: It's not unusual for folks to drop $100 a month or more on cable every month. Cut back or cut off your TV habit completely and watch the money pile up in your emergency fund instead. (By the way, I don't have cable; it's not worth the money or my time!)

3. Small indulgences: The cup of coffee on the way into work, the magazine you pick up randomly, a lip balm here, and screwdriver there ... it all adds up. For the next week, make a list of all the indulgences you buy as you move about your life. From the pack of gum to the movie rental, it goes on the list. Add it up. As long as you know where your money is going, you won't feel robbed. If you don't like where your money is going, change something.

Keep tabs on small indulgences like workday coffees, which can quickly add up. ISTOCK

4. ATM fees: Are you still hitting up the ATM every time you need $20? Give your head a shake. If you're pit-stopping to get cash, and paying a pretty penny for the privilege, you need to stop wasting money. Banks are happy to take your money if you walk into their stores and empty your pockets! Figure out a budget and with each paycheque you deposit, take enough cash to last you until your next pay. If you run out in between, too bad! Search your couch cushions for change. If you *have* to lay your hands on cash, do it at the grocery store as a cash-back so you won't pay a fee.

5. Brand-name anything: Are you such a fancy-pants that you're willing to pay heaps of money so you can show off a brand? From scotch to shoes, people love their brands. But if your brand-name shopping is getting in the way of your goals (debt freedom, an emergency fund, retirement savings, or whatever else you're working toward), it's time to re-evaluate those brands' importance to your life. Sure, some brands come with a sense of value attached. But there are a lot of times when the less expensive generic option will do just fine.

6. Bad habits: Are you still smoking? Seriously? 'Cause you don't know it's bad for you? Or because you've got so much money it's fine to send some up in smoke? See those lottery tickets you buy religiously each week? Do you know you are more likely to be struck by lightning than win a lottery? Or how about that beer, wine or vodka habit you've built up. I know a woman who was spending $600 a month on Grey Goose even as she complained about how little money she had. If you're missing money, your bad habit may be the major culprit.

7. Your car: Have you added up what you're paying for insurance, maintenance, gas and car payments? If it adds up to more than 15 per cent of your take-home pay, your car is your highway robber. If you must have a car for work, then you'll have to cut back elsewhere so your budget balances. But if your car is an indulgence, time to buy a bike.

8. Your cellphone plan: Behind on your cellphone bill? Shocked when you open the envelope and look at your balance? Cellphones — particularly smart ones — can steal your money faster than just about anything else. If you're not on a plan, get on one so you're very aware of what you're spending, or a plan that covers "everything" that you work into your budget. Stick to the plan.

9. Your home: Housing costs may not seem to be something that's within your control, but that's a perception. Unless you're prepared to be house-poor, don't spend more than 35 per cent of your take-home pay on the roof over your head. And watch for all those other costs that creep in: those beautiful towels you just have to have; new dishes, candles, and whatever else you buy in the name of making a comfy home.

If you're determined to make your money work as hard as you do, it's time to become aware of the thieves who rustle your bank account and wallet. How many of these suspects are on your most wanted list?

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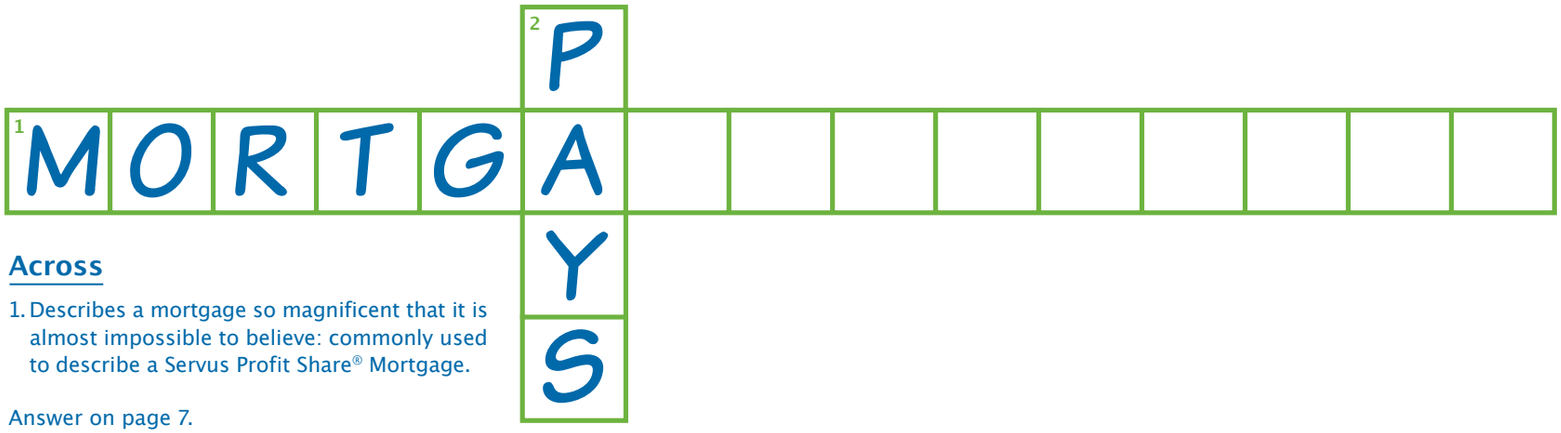
1 MORTGAGE
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Answer on page 7.
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Fibre, nutrients and protein make pasta salad an easy three-in-one deal

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

During the warmer months, I love a healthy pasta salad that can be served at room temperature.

I also want to be able to add lean protein and some veggies so I can have go-to food when I want a complete delicious, nutritious and satisfying meal.

This Hoisin Penne Salad with Edamame, Shrimp and Mango fits the bill!

One hundred per cent whole wheat pasta has to be one of the healthiest complex carbohydrates you can eat since it contains fibre, which keeps you full for longer periods. It also keeps your blood sugars level, which can help prevent obesity and type 2 diabetes, as well as colon cancer and heart attacks.

The key to cooking whole wheat pasta is to not overcook, or the pasta will become too soft.

This main course has all the nutrients you need in a meal. The whole grains take care of fibre, shrimp and edamame serve as the protein and an outstanding hoisin dressing made with plain Greek yogurt rounds it all out.

Feel free to substitute the shrimp for any other protein such as chicken, beef or tofu

This pasta salad can be served the next day since the pasta doesn't absorb the dressing, so it won't become dry.

Ingredients

- 8 oz penne whole wheat pasta (such as Catelli Healthy Harvest)
- 2 tsp vegetable oil
- 1 cup sliced onion
- 1 1/2 cup sliced red bell pepper
- 1 cup edamame beans
- 3/4 cup diced mango
- 8 large shrimp

Hoisin sauce

- 3 tbsp hoisin sauce
- 2 tbsp low sodium soy sauce
- 2 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp minced garlic
- 1/2 tsp minced ginger
- 3/4 tsp Sriracha (add to taste)
- 3 tbsp plain Greek yogurt

Garnish

- 2 tsp toasted sesame seeds
- 1/4 cup chopped cilantro

Directions

1. Cook pasta until tender to the bite. Drain, rinse with cold water and place in serving bowl.

2. In a large skillet sprayed with vegetable oil, add oil and onion and sauté on medium heat for 10 minutes, then add bell peppers and sauté for 5 minutes. Add the edamame and sauté for 2 minutes. Let cool. Add mango and add mix to pasta.

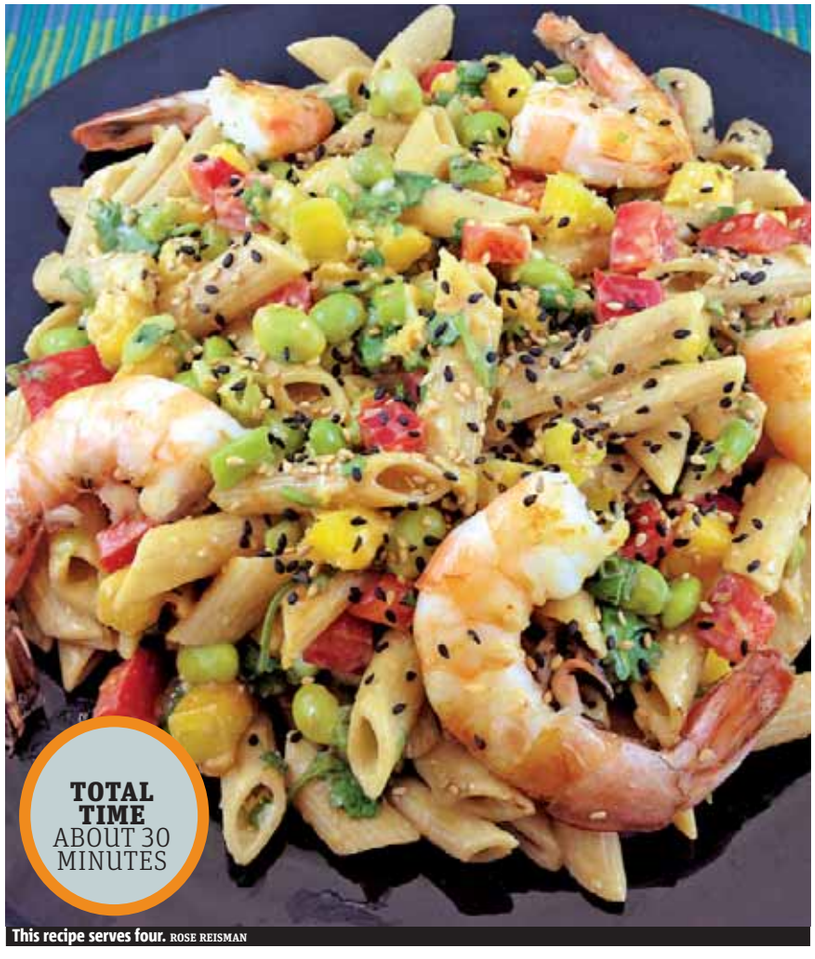
3. In skillet sprayed with vegetable oil, cook shrimp until no longer pink. Add to pasta.

4. Sauce: In small bowl, combine hoisin, soy, vinegar, sesame oil, garlic, ginger, Sriracha and Greek yogurt until smooth. Add to pasta and serve garnished with sesame seeds and cilantro.

Nutritional information

Per serving

- **Calories.** 270
- **Carbohydrates.** 40 g
- **Fibre.** 8.5 g
- **Protein.** 4 g
- **Total fat.** 13 g
- **Saturated fat.** .75 g
- **Cholesterol.** 80 mg
- **Sodium.** 600 mg

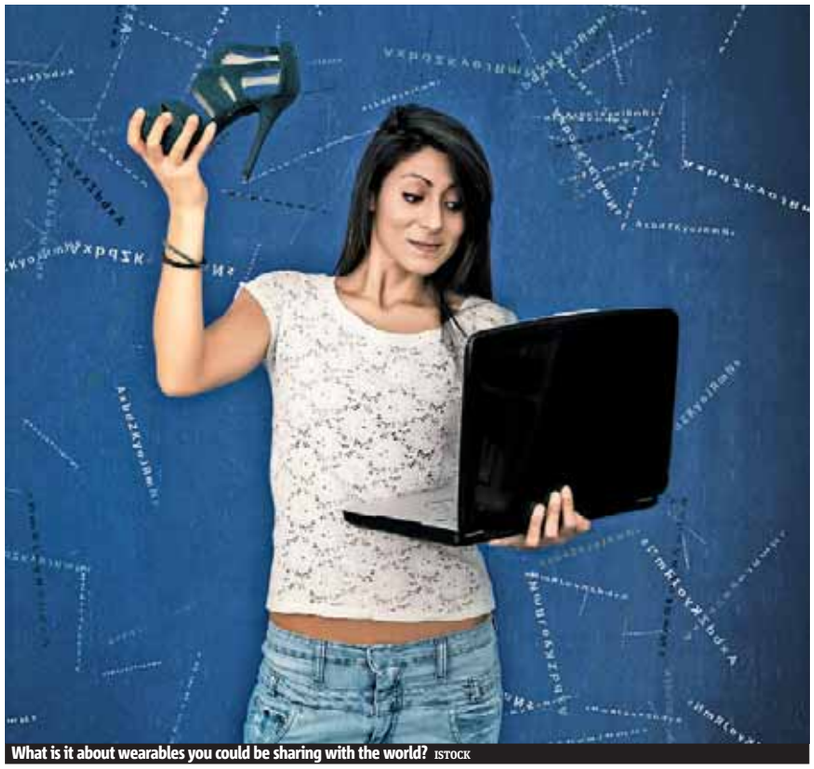


This recipe serves four. ROSE REISMAN

Stitching up great success in style blogs

When closets compute.
The world's fashion-fuelled minds are fast turning typing into a fashionable pursuit

ANDREA PARK
Metro World News


What is it about wearables you could be sharing with the world? ISTOCK

There's no blogging major at the Fashion Institute of Technology, but some of the college's students are building their future through their web presence instead of through the career office.

Freddy Rodriguez, who just graduated on Thursday, started his blog Blue Perk three years ago during the summer after his freshman year. At first, Rodriguez's blog was just a fun way for him to show off his stylish outfits, but in February 2013, he saw his readership explode after Tumblr featured him as a Fashion Week blogger. "I had press from Fashionista and Mashable and that's how I got a lot of presence and gained momentum," he said.

Rodriguez, 22, has had a wild ride thanks to his blog, which includes working on a special project with Billy Reid and taking trips as far as Thailand.

Rodriguez started making money from the blog one year ago. "I had some friends doing it full-time and realized that as long as I market myself accordingly and grow at the same rate, I could do it professionally," he explained.

Now, Rodriguez makes money from writing sponsored blog posts for brands like Kenneth Cole or Ted Baker and working on social media side projects, including his job as a community manager for Details.

His collective income is comparable to that of a fashion assistant and his savings will allow him to move to Europe, where he will travel and attempt to expand his brand.

"There is money out there," he said. "Brands are realizing the worth of bloggers, and it grows as they continue to work on different blogs."

Tumblr featured Rodriguez again last fall as one of 20 Fashion Week "all-star" bloggers, along with two fellow F.I.T. students, Nicole Loher and Ryan Charchian.

Loher, who also graduated on Thursday, started her blog NicoleLoher.com in high school. "I had one of the first fashion Tumblrs and the people at headquarters took note," she said. Just as Loher was starting college in 2010, Tumblr sent her to Fashion Week as an editor.

Soon, Loher, 21, realized her blog could be more than a hobby.

"After my first year of college, I realized it was a career choice for some, and that it was profitable," she said. Today, Loher works at Nanette Lepore in social media and branding; she also earns money from her blog and side gigs like modelling for Gant Rugger Womenswear.

She said blogging has been more valuable to her career than her classes have been. "I learned most of it on my own," she said. "You can look at the textbook version, but you won't really understand it until it's applied. Blogging has given me that — I've learned to negotiate my own contract and pricing and that's definitely something you cannot learn in a textbook."

Charchian, 20, is still a student, but the blogger behind Fashionisto Diaries already has a manager.

Charchian credits his start in Washington, D.C., where the fashion blog scene was not as crowded as the one in New York, as an advantage; even as a high school student, he received invitations to fashion events around the city. F.I.T. seemed like a natural fit when he applied to college and Charchian has been taking advantage of life in New York City by taking on various internships at Vince and now at Tumblr.

"The things I'm passionate about I take 110 per cent," he said. "I will admit there were times I could be so much more studious, but I love my blog and I love what I do."

Make it work!

Ryan Charchian interviewed Tim Gunn for his blog when he was just 15, and he has been on the up and up ever since

- Charchian has more than 60,000 followers on his blog and is now foraying into the world of vlogging (video blogging). He's also still friends with Tim Gunn.
- "We went to his apartment and shot his closet and I was one of the first press people to see his closet, which was the most stunning and organized thing I've ever seen in my life," he gushed of his mentor.

Cash in on your computer

"There is money out there. Brands are realizing the worth of bloggers, and it grows as they continue to work on different blogs."
Freddy Rodriguez
Author of blog, Blue Perk

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'Round the world wisdom

Are your thoughts helping or hindering you?

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

The contents of your cranium may be causing you trouble. Try recording your thoughts in order to evaluate the weight they hold in your life. ISTOCK

What's in our head when facing a big challenge? In the Gobi desert, I ran the first four marathons without much of a care. On the fifth day, a double marathon, I spent 10 hours with myself, questioning my capabilities.

The more my inner judge examined my weaknesses and doubted my abilities, the slower I ran. The self-fulfilling prophecy was realized and I learned a lesson that day: Were I to run an ultra-marathon again, I now knew I had the physical ability to thrive, but I needed to retune my inner voice. One year later, I signed up for the Sahara Race and went to work.

I wanted to alter my mental storytelling when things didn't go the way I wanted them to, and my plan was simple: As soon as a thought entered my mind, I would record it immediately in my phone while I ran in training.

I would also pay attention to my speed. Afterwards, I would listen to the conversations with a coach, dissecting each one and then correlating them to the speed at which I ran.

There was a mash-up of feelings, such as "I'm hurting," or "I'm bored," interrupted periodically with unfocused thoughts such as "I wonder what I'll have for breakfast."

As my coach and I listened to the recordings and cracked up at the ridiculousness of my running commentary, I rapidly came to understand that while my brain was firing off thoughts on the run, I was no longer fully in the moment. It was as if my thoughts consumed energy, depleting me and resulting in a slower running time than I was capable of.

I also discovered that we can tell ourselves incredibly disempowering, and at times even hurtful things, as opposed to uplifting ones.

In the end, the sheer act of voicing my inner thoughts to the recorder started to interrupt these thoughts. The recordings would in time deaden the voice.

It doesn't matter what hurdles we face — you can count on being hijacked by your feelings. Odds are, if you notice and record them, they will disappear, allowing you to replace them with thoughts that will help you reach your goals faster.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

The reward of the record

I wanted to alter my mental storytelling when things didn't go the way I wanted them to, and my plan was simple: As soon as a thought entered my mind, I would record it immediately in my phone while I ran in training.

Answers

Answer from page 3.

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Answer from page 5.

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Stamps camp hosts QB battle

CFL training camp. Tate, Mitchell vying for top spot on depth chart after Glenn's exit

The Calgary Stampeders are less crowded at quarterback this season, but there is still heavy competition for the starter's job.

The Stampeders employed a three-man rotation in 2013 mainly because of an early-season injury to Drew Tate.

Kevin Glenn started the majority of games, but Bo Levi Mitchell was a busy third-stringer. He won his three starts and came off the bench to lead Calgary to another when Glenn was also injured.

Glenn was taken in the off-season expansion draft by the Ottawa Redblacks and subsequently dealt to the B.C. Lions, which leaves Tate and Mitchell vying to lead the offence of a team that posted a league-best 14-4 record last season.

"It brings out the best in us and I think that being said, we could be a starting point for the team," Tate said Sunday on the first day of training camp. "If the quarterbacks are battling, everyone else is battling kind of thing."

Off the field

Calgary's off-season was not without its drama.

- The team suspended defensive back Quincy Butler nine days before main camp. He was charged with two counts of assault following an incident outside a Calgary casino.
- Concordia defensive tackle Quinn Smith, Calgary's seventh overall pick in the college draft, tested positive for a steroid which he says he inadvertently ingested via a supplement.

Tate, 29, was anointed Calgary's starter two years ago when Henry Burris was dealt to Hamilton. But injuries have limited the six-foot, 190-pound pivot to 153 completions over the past two seasons.

A throwing arm injury on July 6 last year and a subsequent setback sidelined him until October. Training camp reps will test the durability of the arm, Tate says.

"Feels good right now. Just trying to be smart with it," he said. "I feel it's all moderation with the volume we have. It's a lot of volume and it's really hard to mimic that in the off-season, the kind of volume we have, especially in camp.

"Ever since I was three feet tall, I've only had one speed and getting injuries, it makes you have to change your approach. So far so good. It's only the a.m. of Day 1, so a lot of ball left."

Mitchell, 24, completed 69 per cent of his passes for 1,156 yards and 10 touchdowns last year. Six-foot-four and 204 pounds, Mitchell says there's no jealousy between he and Tate.

"We're friends through and through, no matter what," Mitchell says. "When he makes a great play, I'm not looking down saying, 'I've got to make a better one.' I'm going out there, congratulating him and slapping him on the butt and saying, 'Good play.'

"If you look at last year, we went with three quarterbacks. I know there's not many teams in the league that are going to play one guy for 18 games every single snap, so you've got to be ready." THE CANADIAN PRESS

Calgary Stampeders quarterback Drew Tate takes part in a drill during the first day of training camp in Calgary Sunday. Tate is far from being a lock to take on this year's starting role. JEFF MCINTOSH/THE CANADIAN PRESS

The Los Angeles Kings celebrate defeating the Chicago Blackhawks 5-4 in overtime in Game 7 to win the Western Conference final at United Center on Sunday in Chicago. JUSTIN HEIMAN/GETTY IMAGES

NHL playoffs. Kings headed to the finals

Alec Martinez scored at 5:47 of overtime, and the Los Angeles Kings beat the Chicago Blackhawks 5-4 in Game 7 of the Western Conference finals Sunday night.

Martinez's shot went off Blackhawks defenceman Nick Leddy and over goalie Corey Crawford, stunning the sellout crowd at the United Center and leading to a wild on-ice celebration for Los Angeles. Leddy was disconsolate as the Kings gathered in a big huddle along the boards.

Game 7

Kings	Blackhawks
5	4

Los Angeles improved to 7-0 in elimination games with its third Game 7 win on the road this post-season. It will host the New York Rangers in Game 1 of the Stanley Cup finals on Wednesday night.

"We never say die.... Someone described us as a bunch of cockroaches that don't go away," Martinez said.

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Scan the image with your Metro News app to get up to date on what to watch for in the 2014 NBA Finals.

LeBron James and Tim Duncan have led their teams all the way back to the championship series for a second season in a row, setting up the first NBA Finals rematch since 1997-98. MIKE EHRMANN/GETTY IMAGES

A sequel between near-equal rivals

NBA playoffs. Spurs get chance to get even against Heat in championship rematch

Over the last 10 seasons, only one NBA player has been part of more wins than LeBron James.

His name is Tim Duncan.

Their numbers over that decade are incredibly similar. Duncan has appeared in 622 regular-season and playoff victories, James has played in 621. Duncan is shooting 50.2 per cent from the field, James is shooting 50 per cent. Duncan has won two championships with San Antonio during this 10-season stretch, James has two with Miami.

Plus, when facing each other in the NBA Finals, both has won one, lost one.

Here comes the tiebreaker — a Finals rematch of high expectations.

Miami and San Antonio are the last teams standing for the second consecutive year, their next chapter starting on the Spurs' home floor Thursday night. The Heat won a wild series last season for their second straight title, needing a frantic rally to avoid elimination in Game 6 and then riding the strength of a 37-point, 12-rebound effort from James to top the Spurs in Game 7.

"If I can compliment my own team humbly, to have that tough loss, especially the Game 6, and not have a pity party and come back this year and get back to the same position, I think that's fortitude," Spurs coach Gregg Popovich said.

THE ASSOCIATED PRESS

East meets West

"The two best teams will meet. We're just happy and excited that we're one of the best."

Heat guard Dwyane Wade

French Open. Canadians Raonic and Bouchard enter rarefied air

Milos Raonic and Eugenie Bouchard made history for Canada on Sunday as both powered into the quarter-finals of the French Open.

Eighth-seeded Raonic, from Thornhill, Ont., dispatched Spain's Marcel Granollers 6-3, 6-3, 6-3, while Montreal's Bouchard cruised past Germany's Angelique Kerber 6-1, 6-2.

"I'm not surprised to make my first Grand Slam quarter-final, but I would not have thought I would have done it first here on clay," said Raonic. "I've always felt I could play well on clay."

Eugenie Bouchard THE ASSOCIATED PRESS

Raonic will be the first Canadian man to play a Grand Slam quarter-final since Mike Belkin at the 1968 Australia Championships, which was renamed the Australian Open the following year. He is also the fourth Canadian man in history to reach the last eight at a major.

Bouchard is the first Canadian woman to make the quarter-finals in Paris since Helen Kelesi did it in 1989.

Raonic will face second seed Novak Djokovic, a winner over France's Jo-Wilfried Tsonga 6-1, 6-4, 6-1.

Bouchard will face Spain's Carla Suarez Navarro in the quarter-finals. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Listen to what friends and relatives tell you but don't think you have to follow their advice. Deep down you already know what needs to be done, so why not just pluck up the courage and get on and do it?

♉ Taurus
April 21 - May 21
Be careful when dealing with people today, especially if money is involved. Anything that sounds too good to be true likely is, so don't let enthusiasm, or greed, get the better of you.

♊ Gemini
May 22 - June 21
Keep your thoughts to yourself over the next 24 hours. It won't be easy but the planets warn if you speak too freely it could rebound on you in ways you had not expected.

♋ Cancer
June 22 - July 23
Sometimes in life things occur for no reason, so stay calm and accept what happens today, no matter how annoying it might be. Most likely in the greater scheme of things it is of only minimal importance.

♌ Leo
July 24 - Aug. 23
A number of strange, even bizarre, things are likely to happen over the next 24 hours but none of them can do you any harm so don't take them too — or yourself — too seriously.

♍ Virgo
Aug. 24 - Sept. 23
Keep your plans to yourself today. The less others know about what you are up to the better. You don't have to be dishonest but you do have to realize there are people who don't want to see you succeed.

♎ Libra
Sept. 24 - Oct. 23
This is still one of the best times of the year for you but that does not mean you can do as you please. The planets warn you may need to take extra care today and tomorrow when dealing with travel plans.

♏ Scorpio
Oct. 24 - Nov. 22
If you are dishonest when dealing with others today they will be dishonest with you later. You don't need to tell lies or cut corners to get what you need!

♐ Sagittarius
Nov. 23 - Dec. 21
If there is something you want to sort out with a loved one, be quick about it. Mercury, planet of communication, turns retrograde on the 7th, making it much harder to make a friendly connection. Speak now.

♑ Capricorn
Dec. 22 - Jan. 20
Are you working more for others than for yourself? According to the planets you are, so let those who are taking advantage of your generous nature know that's as far as it goes. And mean it.

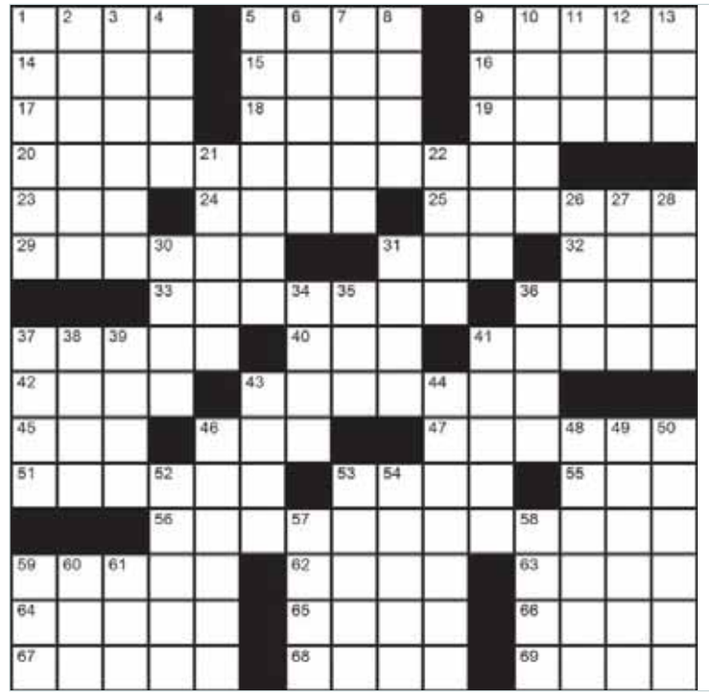
♒ Aquarius
Jan. 21 - Feb. 19
If you kid yourself into believing that certain things are true when they clearly are not it could lead to a costly mistake. If you must take a risk make sure you know all the facts.

♓ Pisces
Feb. 20 - March 20
Spell out in plain language what it is you expect of others. At home and work misunderstandings are likely today, so take your time and make sure everyone knows what they should be doing. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



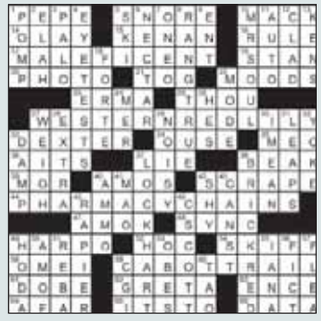
Across

1. Trade
5. Radar signal
9. The Viscount __ (Canada's first Governor General, from 1867 to 1868)
14. Painter, Guy __ du Bois
15. Ancient symbol
16. Scent
17. "..._ __ my Annabel Lee..." - Edgar Allan Poe
18. Feed the kitty
19. Wandering woofer
20. Victoria landmark known for its beautiful stained glass windows, __ Castle
23. Water wiggler
24. Too
25. Peter __ (Winnipeg actor who plays Nick Collins on the police series at #49-Down)
29. Do what the WWE does, fun-style
31. Mr. Sajak
32. Not now
33. Hybrid instruments
36. Mike's "Wayne's World" (1992) co-star
37. Bargain events
40. Tokyo, once
41. More sweet
42. Farming implement
43. Mayim Bialik's '90s sitcom
45. River inlet
46. Canadian actor Mr. Bennett
47. One of Quebec's Magdalen Islands, Havre-__
51. Piano company
53. Filmmaker, Gus Van __
55. Onetime bird
56. Fun/upbeat music genre: 3 wds.
59. __ centre
62. Boo-Boo's pal
63. Torch type
64. Beatles: "Eight Days ___"
65. Discharge
66. Beam
67. Windblown silt deposit
68. Baseball's Sammy
69. Notices

Down

1. Dish-seasoning person
2. "____ fun bunch." ...said the family booking an adventure holiday
3. Yearly records
4. Mani-__ (Beauty parlour service)
5. Movies: Mr. Cooper
6. Belonging to Rome's moon goddess
7. Something's start, shortly
8. __ pressure
9. Ace, to the Toronto Blue Jays
10. 'Straight'-meaning prefix
11. Neither's pal
12. Taylor Swift's lettered award
13. Mary __ (Cosmetics company)
21. Strong winds
22. Grannies: German
26. Clean
27. Sea eagle, variantly
28. 2014
30. Distort
31. Fors
34. Prefix to 'gram' (Message kind)
35. Brouhaha
36. Silly
37. Nimble
38. Et __ (And others, in Latin)
39. Planter's purchase
41. Jean __ (drug store chain)
43. Tell all
44. Ms. Patel, "ET Canada" Entertainment Reporter
46. Food Network Canada's "__ Day Off"
48. HRE's 'E'
49. Global's "__ Blue"
50. Easy hole-entering golf shots: 2 wds.
52. Trees: Fir, fancy-style
53. Sports replay speed: 2 wds.
54. Ancient shield
57. Farewells
58. Boardroom events, briefly
59. Pres. Coolidge
60. Pacific island, __ Jima
61. Sweater neck shape

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	8		2					
	7		3	1	8			2
					9		5	7
5			4					
7								1
					3			9
9	2		7					
8			5	9	1		6	
					6		9	3

Friday's Sudoku

5	6	1	7	9	4	2	3	8
9	4	8	6	2	3	7	1	5
7	2	3	1	5	8	9	4	6
2	8	9	3	6	7	1	5	4
3	1	5	4	8	9	6	2	7
4	7	6	2	1	5	8	9	3
1	5	4	8	7	2	3	6	9
6	3	7	9	4	1	5	8	2
8	9	2	5	3	6	4	7	1

Weather

TODAY	TUESDAY	WENESDAY
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6039 Centre St. S
6100 Macleod Trail S
7845 Flint Rd. SE

Southwest

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Bow Valley Square
The Core
Shawnessy Shopping Centre
Westbrook Mall
Westhills Town Centre
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2008 33rd Ave. SW
4623 Bow Trail SW

Airdrie

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